

Happy 4th of July & Upcoming Events

UC San Diego

Center for Healthy Aging
Stein Institute for
Research on Aging

Welcome to the UC San Diego Center for Healthy Aging and the Sam and Rose Stein Institute for Research on Aging e-newsletter!

Save the Date

Anthony Lim, MD, JD at Belmont Village on September 1st

JOIN US FOR THE INAUGURAL LEE TUH-FUH & RUBY LEE WANG ZU-MING ENDOWED
EDUCATION LECTURE CELEBRATING HEALTHY AGING MONTH

LET FOOD BE THY MEDICINE THE MIRACULOUS HEALING POWER OF FOOD

SPEAKER

**ANTHONY
LIM, MD, JD**

Dr. Lim is the Medical Director of the McDougall Program, a lifestyle medical program based in Santa Rosa, California, that has helped thousands of patients to successfully transition to a whole-food, plant-based diet and radically improve their overall health and well-being. He also teaches the plant-based classes offered by Kaiser Permanente Santa Rosa Medical Center. Dr. Lim is a graduate of Stanford University, Harvard Law School, and Boston University School of Medicine.



He is board-certified in family medicine as well as lifestyle medicine, and completed his residency training at Santa Rosa Family Medicine Residency. He is also a bar-certified attorney in the state of California. Dr. Lim lives in Santa Rosa with his wife, Jean, and their two children, Joshua (15) and Julia (11), who bring them endless joy and laughter. His other interests include playing out in nature, learning guitar, and continually growing in his Christian faith.

SEPTEMBER 1ST

3PM-5PM

**AT BELMONT VILLAGE SENIOR LIVING
LA JOLLA
3880 NOBEL DRIVE**

REGISTRATION REQUIRED
AT [HTTPS://CONTA.CC/3NF4IT1](https://conta.cc/3NF4IT1)

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BELMONT Village
SENIOR LIVING
LA JOLLA

[CLICK HERE TO REGISTER](#)

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...and don't forget to register for our next Public Lecture Series

Barton W. Palmer, PhD on Wednesday, July 26th

[Register Here!](#)

We Need Your Support!

When you give to the UC San Diego Center for Healthy Aging and the Stein Institute for Research on Aging, you're making the decision to support the pursuit of a healthier, longer life for you and your loved ones. Please make a gift to help sustain and expand our successful aging programs.

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